

MAY 2007 TRIPS

Tickets on Sale:  
Members February 2, Non-Members February 9

**American Heritage "Cats"**  
Don't miss this Tony Award winning musical that has been one of the longest running musicals ever.  
**Date & Time:** Saturday, March 3, 1:00 p.m. - 5:00 p.m.  
**Cost:** Members \$8 / Guests \$10

**Boca Raton Museum of Art**  
**"Life as a Legend Marilyn Monroe" & Mizner Park**  
Capture the sensation that was Marilyn Monroe (1962), one of the world's most intriguing women. Afterwards, stroll through Mizner Park & enjoy lunch on your own.  
**Date & Time:** Thursday, March 8, 8:30 a.m. - 3:30 p.m.  
**Cost:** Members \$12 / Guests \$14

**Gulfstream Park**  
Enjoy championship thoroughbred racing. Also, test your luck on the brand new slot machines. Please note our group's seats are located up one flights of stairs.  
**Date & Time:** Friday, March 16, 11:00 a.m. - 5:00 p.m.  
**Cost:** Members \$4 / Guests \$6

**FAU Auditorium "Dancing with the Ballroom Starz"**  
Patterned after the smash hit television show "Dancing with the Starz," this show goes one step further. There will be an exciting storyline to go along with the dancing & singing. There will be cash prizes & local celebrity judges. Don't miss this live reality show!  
**Date & Time:** Sunday, March 18, 5:45 p.m. - 10:00 p.m.  
**Cost:** Members \$32 / Guests \$34

**Standing Room Only "Comedy Wedding"**  
Start the afternoon off with a terrific lunch, followed by an outrageously funny interactive show.  
**Date & Time:** Wednesday, March 21, 10:45 a.m. - 4:00 p.m.  
**Cost:** Members \$40 / Guests \$42

  
Sunrise Senior Center  
10650 W. Oakland Park Blvd.  
Sunrise, FL 33351  
www.sunrisefl.gov

APRIL 2007 TRIPS

Tickets on Sale:  
Members March 9, Non-Members March 16

**Brazilian Tropicana**  
Enjoy an exciting & entertaining journey through Brazil. Admire the colorful elaborate costumes while you stimulate your taste buds with an exotic Brazilian dinner.  
**Date:** Thursday, April 12  
**Time:** 5:00 p.m. - 10:30 p.m.  
**Cost:** Members \$33 / Guests \$35

**Sunrise Diner's Club "La Paloma"**  
Enjoy great dining experiences without the hassle of driving. This is a new club that will get together bi-monthly & enjoy great dining experiences at restaurants around the South Florida area. All participants will be responsible for their own dining experience, requests & payments.  
**Date:** Tuesday, April 17  
**Time:** 3:30 p.m. - 9:00 p.m.  
**Cost:** Members \$5 / Guests \$7

**Gulfstream Park**  
Pick your favorite horse to win, place or show. Also, enjoy the brand new slot machines. Please note our group's seats are located up a flight of stairs.  
**Date:** Friday, April 20  
**Time:** 11:00 a.m. - 5:00 p.m.  
**Cost:** Members \$4 / Guests \$6

**Pembroke Pines Theatre of Performing of Arts "Chicago"**  
It's the razzle-dazzle musical that is a captivating tale of sin & celebrity. It's one show-stopping hit after another.  
**Date:** Friday, April 27  
**Time:** 6:45 p.m. - 11:00 p.m.  
**Cost:** Members \$12 / Guests 14

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FEBRUARY & MARCH 2007

SUNRISE SENIOR CENTER

10650 West Oakland Park Boulevard • (954) 746-3670 • www.sunrisefl.gov

Activities

Special Events, Seminars & Classes

**Beading Class**  
*Mondays, February 5 - February 26*  
(Lace Beaded Jabot or Scarf)  
Every Monday at 1:00 p.m., learn how to design your own beading masterpiece. The lace beaded jabot or scarf project will continue through the month of February. Project begins on January 22, 2007.

*Mondays, March 5 - March 26*  
(Right Angle Weave Bracelet )  
Materials required: 1 tube of bugle beads 3mm, 1 tube of triangle seed beads size 8, 1 tube of size 11 seed beads, 1 small bracelet clasp, 2 soldered jump rings, 2 bead tips, 1 spool of Sono Beading thread (thread should match beads as close as possible.), 2 big eye needles, 1 beading mat, 1 pair of scissors, 1 bottle of clear nail polish, 1 makeup sponge.

**Sewing Creations**  
*Thursdays, February 1 - 22 (Easy House Dress)*  
Join us for this all-new class. Learn how to sew & use basic stitches to complete wonderful monthly projects. Thursdays at 1:00 p.m. Registration going on now.

*Thursdays, March 1 - 29 (Shawl with Fringe)*  
Learn how to sew & use basic stitches to create a beautiful fringed shawl. Thursdays at 1:00 p.m. Registration begins Thursday, February 1.

**Blood Pressure Check**  
*Friday, February 9 & March 9*  
Having your blood pressure checked regularly leads to having a better lifestyle. The second Friday of the month Sunrise Fire Rescue will provide free checks.  
**Time:** 10:30 a.m. - 11:30 a.m.

**Krafty Korner**  
*Thursday, February 8 - Wooden Doll*  
Create your very own doll with beautiful fabrics, & paint. This will be the perfect gift or homemade display. Sign up now. **Time:** 9:30 a.m. **Cost:** Members \$5 / Non-Members \$7

*Thursday, March 8 - SLOS DAY*  
Please leave two lines for this...text to follow. Please leave two lines for this...text to follow. Sign up now. **Time:** 9:30 a.m. **Cost:** Members \$5 / Non-Members \$7

**Relaxation & Meditation**  
*Wednesdays, February 14, 28, March 14 & 28*  
Healthy living is the key to a longer, more productive life. Join "Raja Yoga Meditation" exercise of the mind. No physical exercise involved. Find peace within, use guided imagery, positive thinking, elevated thoughts and more. **Time:** 1:00 p.m. - 2:00 p.m.

**55 Alive Defensive Driving Course**  
This two-day course is from 9:00 a.m. - 1:00 p.m. Bring a \$10 check payable to A.A.R.P. to the class.  
*Wednesday, February 21 & Thursday 22* - Members sign up Friday, February 2. Non-members Friday, February 9.

*Wednesday, March 21 & Thursday 22* - Members sign up Friday, March 2, Non-members Friday, March 9.

**Green Thumbs**  
Sign up begins Thursday, February 1. Members \$1 / Non-Members \$3  
*Wednesday, February 28 - Flower Pot Pen Holder*  
Create your own pen holder that looks like a flower growing in a pot.

*Wednesday, March 28 - Anne Kolb Nature Trip*  
View wonderful nature in a unique way, on a large comfortable boat. You must wear sneakers & a hat for sun protection. Bus will board at 9:30 a.m. at the Senior Center. Members \$1/ Non-Members \$3.

**Book Review**  
Programs begin at 12:00 noon. Bring a friend.  
*Friday, February 16- "Toxin" by Robin Cook*  
Dr. Kim Reggis, one of the country's top cardiac surgeons finds himself ill equipped to deal with a medical catastrophe involving his own daughter. What will happen next? Join us to find out.

*Friday, March 23 - "A Bend in the Road" by Nicholas Sparks*  
Miles Ryan's life was perfect until the day his wife was killed in a hit & run accident. He worries about his son, but is determined to bring the driver to justice. Two people then become bound together & discover a shocking secret.

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	TRIP & TICKET POLICIES
9:00 a.m. - 10:30 a.m. <b>Sunrise Woodcarvers</b> <i>Arts &amp; Crafts Room</i>	9:00 a.m. - 10:00 a.m. <b>Tai Chi</b> <i>Burgundy Room B</i>	9:00 a.m. - 12:00 p.m. <b>Senior Bowling League</b> <i>Strikers Lanes</i>		9:30 a.m. - 11:00 a.m. <b>Bereavement Support Group</b> <i>Classroom</i>	9:30 a.m. - 10:30 a.m. Stretchersize & Hand Weight Training <i>Burgundy Room A</i>	<ul style="list-style-type: none"><li>• When purchasing tickets, please indicate the full name of your guest.</li><li>• When you are called about a food choice for a trip, you must return the call within 2-3 days, otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.</li><li>• Trips departing before 3:30 p.m. leave from the Civic Center east parking lot.</li><li>• If you purchase a ticket and later sell or give it to someone you must contact a Senior Center staff member to make a name change on our master roster.</li><li>• A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience.</li><li>• Please occupy the same bus seat on the way to and from an event.</li><li>• Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card.</li><li>• You may purchase one additional ticket (at the higher guest price) for each member ticket purchased. Two tickets maximum per person.</li><li>• No tickets will be sold before the published sale date. Sales commence at 9:00 a.m.</li><li>• Current I.D. cards must be presented for any transaction.</li><li>• Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.</li><li>• No membership renewals or new members will be accepted on the morning of ticket sales.</li><li>• Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City.</li><li>• If a minimum number of people is not reached program maybe cancelled.</li></ul>
9:30 a.m. - 10:30 a.m. <b>Striders Club</b> <i>Lobby</i>	9:30 a.m. - 11:00 a.m. <b>Open Computer Lab</b> <i>Classroom</i>	9:30 a.m. - 10:30 a.m. <b>Striders Club</b> <i>Lobby</i>		10:00 a.m. - 11:30 a.m. <b>Senior Fitness</b> <i>Civic Center Athletic Club</i>	10:30 a.m. - 12:30 a.m. <b>Pan Lessons</b> <i>Arts &amp; Crafts Room</i>	
10:00 a.m. - 11:30 a.m. <b>Senior Fitness</b> <i>Civic Center Athletic Club</i>	9:30 a.m. - 12:00 p.m. <b>Mah Jongg Class</b> <i>Burgundy Room B</i>	12:00 p.m. - 3:00 p.m. <b>Bridge (Open Play)</b> <i>Burgundy Room A</i>		10:00 a.m. - 12:00 p.m. <b>Line Dancing</b> <i>Burgundy Room A</i>	1:00 p.m. - 2:30 p.m. <b>Choral Group</b> <i>Burgundy Room A</i>	
1:00 p.m. - 3:00 p.m. <b>Open Craft Class</b> <i>Arts &amp; Crafts Room</i>	10:00 a.m. - 11:00 a.m. <b>Senior Aerobics</b> <i>Burgundy Room A</i>	1:00 p.m. - 2:00 p.m. <b>Relaxation &amp; Meditation</b> <i>Burgundy Room A (2nd &amp; 4th Wed.)</i>		1:00 p.m. - 3:00 p.m. <b>Sewing Creations</b> <i>Arts &amp; Crafts Room</i>	1:00 p.m. - 3:00 p.m. <b>Beginners Painting</b> <i>Arts &amp; Crafts Room</i>	
1:00 p.m. - 3:00 p.m. <b>Beading Class</b> <i>Burgundy Room B</i>	12:30 p.m. - 3:30 p.m. <b>Mah Jongg &amp; Canasta (Open Play)</b> <i>Burgundy Room B</i>	1:00 p.m. - 3:00 p.m. <b>Intermediate Computers</b> <i>Classroom</i>		<div>Happy Valentine's Day!</div>	1:00 p.m. - 2:30 p.m. <b>Bingo</b> <i>Burgundy Room B</i>	
<b>Monday Classic Movies</b>	1:00 p.m. - 3:00 p.m. <b>Beginners Computer Class</b> <i>Classroom</i>	1:00 p.m. - 3:00 p.m. <b>Intermediate Painting</b> <i>Arts &amp; Crafts Room</i>			<div></div>	
<div>Enjoy classic movies at 12:30 p.m. in Burgundy Room A</div> <div>February 5 <b>The Professionals</b> Lee Marvin, Claudia Cardinal</div> <div>February 12 <b>Random Heats</b> Harrison Ford, Kristin Scott Thomas</div> <div>February 19 <b>Wild Rovers</b> William Holden, Lynn Carlin</div> <div>February 26 <b>Cat Ballou</b> Jane Fonda, Lee Marvin</div> <div>March 5 <b>Night Train to Munich</b> Rex Harrison, Margaret Lockwood</div> <div>March 12 <b>Crossing Delancy</b> Peter Riegert, Amy Irving</div> <div>March 19 <b>D-Day to Berlin</b> George Stinen</div> <div>March 26 <b>The Eagle has Landed</b> Michael Caine, Donald Sutherland</div>	<b>SPECIAL EVENING HOURS</b> 6:00 p.m. - 9:00 p.m. <i>Open Game Room</i>	3:00 p.m. - 4:30 p.m. <b>Singles Club</b> <i>Burgundy Room B</i>		<b>FEATURE OF THE MONTH</b>		
	6:00 p.m. - 9:00 p.m. <b>Woodcarving</b> <i>Arts &amp; Crafts Room</i>	<div>"New Release" movies, continued...</div> <div><div>February 20 <b>Dreamer</b> Kurt Russell, Dakota Fanning 1 Hr, 45 Min (PG)</div><div>March 13 <b>Little Miss Sunshine</b> Greg Kinnear, Alan Arkin 1 Hr, 5 Min (Rated R)</div></div>		<div>Senior Picnic</div> <div>Date: Friday, March 2</div> <div>Time: 11:30 a.m. - 3:00 p.m.</div> <div>Cost: Members \$8 / Guests \$10</div> <div>Enjoy the warm weather with your friends from the Senior Center. A traditional picnic fare will be served including BBQ'd kosher-style hotdogs, hamburgers and all the trimmings. Don't miss the fun and games. Tickets will be available for members only on Thursday, February 1 at the Senior Center.</div>		
	6:30 p.m. - 8:30 p.m. <b>Beginners Computer Class</b> <i>Classroom</i>			<b>PROGRAM SPOTLIGHT</b>		
	7:00 p.m. - 9:00 p.m. <b>Twilight Dance</b> <i>Burgundy Room A&amp;B</i>	<div>February 27 <b>All the Kings Men</b> Anthony Hopkins, Kate Winslet 2 Hr, 10 Min (PG-13)</div> <div>March 20 <b>You, Me &amp; Dupree</b> Owen Wilson, Kate Hudson 1 Hr, 50 Min (PG-13)</div>		<b>Afternoon Socials</b> <i>Monday, February 26 - The Big Stars</i> Don't miss an afternoon of great entertainment. The featured music will be hits from your favorite stars - Cher, Tina Turner, Barbra Streisand, and many more. Light refreshments will be served. The social begins at 1:30 p.m. Tickets are \$1.00 but space is limited. Sign up begins Friday, February 2. This program is for members only.		
	<b>New Release Tuesday Movies</b>					
	<div>Enjoy "New Release" movies at 12:30 p.m. in Burgundy Room A</div> <div>February 6- No Movie</div> <div>February 13- <b>Failure to Launch</b> Matthew McConaughey, Sarah Jessica Parker 1 Hr, 45 Min (PG-13)</div>	<div>March 6 <b>The Devil Wears Prada</b> Meryl Streep, Anne Hathaway 2 Hr (PG-13)</div> <div>March 27 <b>Miami Vice</b> Jamie Fox 2 Hrs, 20 Min (Not Rated)</div>				

# SUNRISE SENIOR CENTER

10650 West Oakland Park Boulevard • (954)746-3670 • [www.sunrisefl.gov](http://www.sunrisefl.gov)

## HEALTH & WELLNESS PROGRAMS

**February 2 - "Diabetes" Dr. Carlos Rengifo**  
The Sunrise Senior Center and the North Broward Hospital District are proud to present the "Healthier Community Lecture Series" Lectures are free for seniors but reservations are required. Call the Senior Center or stop by the front desk to register. Come at 11:00, bring a bag lunch to have at noon and we'll provide your dessert...round out the afternoon with friendly and free games of bingo at 1:00 p.m. Sign up now! Looking Ahead: Next Lecture March 2.

**February 14 - "Medication Management"**  
Join us at the Sunrise Senior Center for a one-on-one appointment with a Pharmacist. Bring all of your medications (prescription and over the counter) to be sure you don't have any conflicting medications and help you learn how to benefit most from your medicines. Sign up with Sunrise Social Worker Joan Drapala at the Senior Center. Available by appointment only. Time: 9:00 a.m. - 12:00 p.m.

**February 12 & March 12 - Arthritis & Fibromyalgia Self Help Support Group**  
Effective communication is vital in dealing with everyday aspects of Arthritis & Fibromyalgia. Join us in this open forum setting to discuss the obstacles & ways to deal with these issues. Time: 1:00 p.m. - 2:00 p.m.

**February 13, March 13 or April 10 - Mammovan**  
Make your appointment today for the mobile mammography unit. The exam fee is \$58.00 and they will accept insurance coverage for payment (no HMO's please). Call our Social Worker at (954) 746-3670 to make your appointment.

**Friday, February 16 - Barrier Free Housing**  
Let us help you discover ways to make your home safe and barrier free. A representative will be here to explain the City of Sunrise Barrier Free Housing Program, which promotes independent and accessible living. Time: 11:00 a.m. to 12:00 p.m. Sign up now.



## UPCOMING CLASSES

### Beginners Computers Classes

These 6- week courses run Tuesday, March 27 - May 8. Learn Microsoft Word, E-mailing & Internet access. Times: Tuesday afternoons from 1:00 - 3:00 p.m. OR on Tuesday evenings from 6:30 - 8:30 p.m. This is for Sunrise residents who are Senior Center members, over the age of 62. There is no charge for this free course. Registration begins: Thursday, February 1. No class 4/3.

### Intermediate Computers

This 6-week Intermediate class will run Wednesdays, March 28 to May 9. Learn Create-a-Card, spreadsheets, Internet, Excel & more. Time: 1:00 - 3:00 p.m. This is for Sunrise residents who are Senior Center members, over the age of 62. There is no charge for this free course. Registration begins: Thursday February 1.

### Intermediate Painting

This 6-week painting class runs Wednesdays February 14 - March 21. Learn advanced techniques to perfect your skills. Time: 1:30 - 3:30 p.m. You must bring your own supplies to the class. Space is limited. Sign up now! Members \$10 / Non-members \$12

### Beginners Painting

This 6-week painting class runs Fridays February 16 - March 23. Learn the basic techniques of the many medias of painting. Learn color mixing, shading, lighting & much more. You must bring your own supplies to the class. Space is limited. Sign up now! Members \$10 / Non-members \$12